

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

Turkey and Cucumber Sandwich

Serves: 4

Ingredients:

4 slices whole wheat bread
4 slices enriched white bread
 $\frac{1}{2}$ cup plain fat free yogurt
2 teaspoons fresh dill, chopped or 1 teaspoon dried dill
 $\frac{1}{2}$ cup cucumbers, chopped
 $\frac{1}{4}$ cup onion, chopped
1/8 teaspoon black pepper
8 oz turkey breast, thinly sliced (or you can use turkey breast lunchmeat, fat free, low-sodium)

Additional cucumber slices, as desired
1/8 tsp salt (optional)

Directions:

Mix the yogurt, dill, onion, pepper and chopped cucumbers. Divide the yogurt/ cucumber mixture on all 8 slices of bread, top the whole wheat bread with turkey, cucumber slices and cover with the white bread.

Nutrition Facts:

Calories: 245
Total Fat: 2.46 g
Saturated Fat: .14 g
Sodium: 317.15 mg
Potassium: 203.45 mg
Calcium: 239 mg
Vitamin D: 1.25 mg; 50 IU
Dietary Fiber: 4.79 g

Amount of Each Food Group Per Serving:

Fats: 0
Milk, Yogurt, Cheese: 1/8
Meat, Poultry, Fish, Dry Beans, Eggs, Nuts: 2
Fruits, Vegetables: .5
Bread, Cereal, Rice, Pasta: 2

Serving suggestions: Serve with 1 non-fat dairy serving and 1 $\frac{1}{2}$ fruit and/or vegetable servings.



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.